

# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, SEPTEMBER 8, 2023

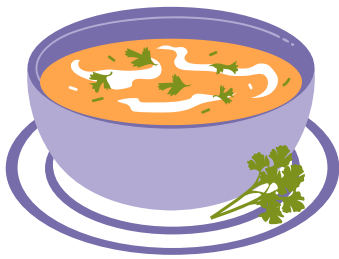


## Constitution Day September 14th

Join us to celebrate Constitution Day on September 14, 2023! Visit any campus library from 11:30 a.m. - 12:30 p.m. for giveaways & Chick-fil-A sandwiches (while supplies last)! Click the flyer and scan QR code to test your Constitution knowledge. We look forward to seeing you!

## HEALTH AND WELLNESS

### 30 SEASONAL RECIPES TO COOK IN SEPTEMBER



30 incredible, seasonal recipes to cook in September and celebrate delicious fall produce all month long! Please send a picture to student life if you try them!

**Please click here for more info:**  
<https://www.ambitiouskitchen.com/recipes-to-make-in-september/>



### Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>



### WEEKLY WELLNESS TIP: NATIONAL SUICIDE PREVENTION WEEK/MONTH

National Suicide Prevention Week begins with World Suicide Prevention Day on September 10. September is recognized as National Suicide Prevention Month: a moment in time in which we rally the public to create awareness of this leading cause of death, and inspire more and more people to learn how they can play a role in their communities in helping to save lives.

- AFSP is highlighting the new Talk Away the Dark campaign to shed light on this leading cause of death including the campaign's PSA film, personal stories and perspectives, shareable social graphics and other materials. Click Title to watch.

[Talk Away the Dark](#)

September Book Recommendations for your Fall Reading List

It didn't start with you- Mark Wolynn

The Body Keeps the Score- Bessel van der Kolk

This is How you heal- Brianna West

The Highly Sensitive Person -Elaine N.Aron

Jay Shetty ( #1 Mental Health Podcast)

Please if you are need of any help that student counseling connect is offered here at WGTC. Please click the link next to this area to read more about it!

## STUDENT ORG SPOTLIGHT JOIN SKILLS USA

Membership in SkillsUSA affords students the opportunity to demonstrate occupational and leadership skills by competing in state and national competitions. With an annual membership of \$15, there are tremendous benefits for students. If you want to have access to scholarships, reinforce your employability skills, grow your professional network and compete in nationally recognized contest programs, this is the organization for you! WGTC's SkillsUSA chapter has earned several honors over the years including Gold Chapter of Distinction in 2020!

**MEMBERSHIP DEADLINE: FEBRUARY 1, 2024**



Scan me!



**WGTC Student  
Counseling Connection  
offers confidential  
counseling and much  
more for our students.**



**Find out about Student Counseling Connection Here:**  
<https://www.westgatech.edu/student-life/student-counseling-connection/>

**Horoscope CORNER:** Check out your Daily Horoscopes! Email Student Life if you found anything intriguing or interesting about your Horoscope. Click the Horoscope wheel!



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